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John Stamos gets his GILF on. 23

Mets in Chicago looking to stomp on Cubs. 29

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THE NEXT SHOP IS...

Long-awaited restaurants at Fulton Center to debut soon, with Shake Shack set to open there next year. 10



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US DRONE REGISTRY

1 The Obama administration, faced with rising safety and security risks from a surge in unauthorized drone flights, announced a task force to develop recommendations for setting up a federal register for unmanned aerial systems.

REUTERS



DARAPRIM PRICE HIKE

2 Hillary Clinton urged U.S. regulators to determine how to bring lower-cost generic drugs to market more swiftly and combat anticompetitive practices in the pharmaceutical industry. Turing Pharmaceuticals drew fire from Clinton last month after news reports that it had raised the price of Daraprim, a 62-year-old treatment for a dangerous parasitic infection, to \$750 a tablet from \$13.50 after acquiring it. CEO Martin Shkreli promised to lower Daraprim's cost to an unspecified price. **REUTERS**

OPRAH MAKES BIG GAIN

3 Oprah Winfrey will buy a 10 percent stake in Weight Watchers, adding her celebrity and consumer appeal to a diet brand that has been shedding subscribers. Winfrey's \$43.2 million investment doubled Weight Watchers' share price, with more than 57 million shares changing hands, the busiest trading day in the company's history. **REUTERS**



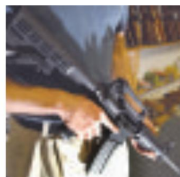
PHILIPPINES FLOODING

7 Residents ride on wooden boats to cross a flooded street at Barangay Camanutan, Isabela province, north of Manila on Monday, a day after typhoon Koppu hit Aurora province. Residents of flooded farming villages in the Philippines were trapped on their rooftops and animals floated down fast-rising rivers, as deadly Typhoon Koppu dumped more intense rain.

ALL PHOTOS GETTY IMAGES

GUN SALE LAWS POLL

4 The number of Americans who believe the U.S. should have stricter laws on firearms sales rose 8 percentage points during the past year, with 55 percent of respondents to a Gallup poll preferring tighter regulations on sales. Some 43 percent of respondents said they had a firearm in their house or property. **REUTERS**



SEARCH FOR EL FARO

5 A U.S. Navy search and rescue vessel left port in Virginia for the Bahamas on Monday afternoon to search for an American cargo ship that sank in a hurricane earlier this month, a Navy spokesman said. The El Faro and its 33 crew members disappeared Oct. 1 after sailing into the path of Hurricane Joaquin while en route from Jacksonville, Florida, to Puerto Rico. The Navy is sending an ocean tug vessel, the Apache, equipped with a "hydrophone" underwater listening device that can detect pulses emitted by the voyage data recorder. **REUTERS**

PISTORIUS FREED

6 Oscar Pistorius was released on parole on Monday, just short of a year into his five-year sentence for killing his girlfriend Reeva Steenkamp. But the disgraced Paralympic gold medalist must serve the rest of his sentence under house arrest, and still has to face an appeal by prosecutors. **REUTERS**



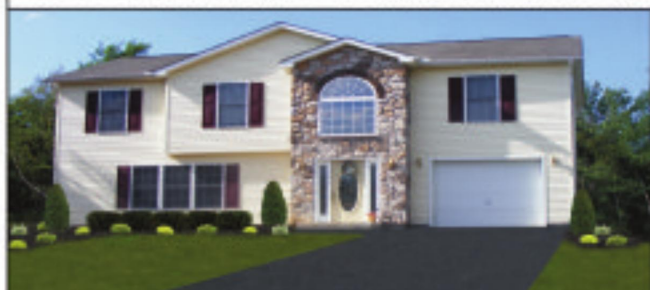
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GOP sanctuary city bill threatens funds

New York City could lose \$150 million needed for services and up to 1,000 jobs in attempt to cut federal funds.



CHESTER SORIA
@chestersoria
chester.soria@metro.us

City Hall and local advocates remained opposed to the latest Republican effort to cut federal funds for local governments that protect undocumented immigrants from deportation.

The Senate is set to vote on a bill to block funding to any municipality that prevents its law enforcement agencies

from reporting undocumented immigrants arrested to federal immigration agents.

Nisha Agarwal, commissioner of the Mayor's Office of Immigrant Affairs, said in a statement to Metro that the bill "has far-reaching implications for every New Yorker."

"The Senate's deliberation of this bill has a chill-

ing impact on immigrant families in New York and reflects a growing climate of hostility within Congress toward immigrant families," Agarwal said.

A similar bill passed through the House of Representatives in July, although it was met with opposition from local Republican lawmakers who argued it was punitive to

local police.

President Barack Obama already committed to veto any sanctuary city bills, which were the result of Republican pressure to crack down on repeat undocumented immigrant offenders and boosted by GOP presidential candidates.

Agarwal added that the bill, which is up for a vote in the GOP-controlled Senate on Tuesday, would put at least \$150 million in city services and some 1,000 city jobs at risk.

Those programs, among others, are all funded by community

development block grants doled out by the federal government and add up to some \$6.37 billion nationwide.

The grants are also the source for New York state's ongoing Sandy recovery efforts. The governor's office did not respond to Metro's request for comment.

Jessica Vaughan, a policy director for the Center for Immigration Studies, a nonpartisan group that supports limits on immigration, explained those block grant cuts are focused on the local governments and not the police who would arrest immigrants for a reason.

"The bill's authors don't want to penalize authorities who would cooperate with Immigration and Customs Enforcement but don't because of inter-

ference from local governments," Vaughan said.

The bill does include cuts to some police services, mainly to programs tied to community policing. Vaughan posited that the bill is specifically targeting "the worst of the worst in the immigrant population."

"That improves public safety for everyone, but especially for immigrants," she said. "Victims and witnesses are not targeted by ICE, so cracking down on sanctuaries is not going to have a negative effect on community policing or crime reporting."

The bill's critics are unconvinced. María Magdalena Hernandez, a Long Island resident

and member of immigrant advocacy group Make the Road New York, said the bill would instead do major damage to communities.

Hernandez said existing bills in various municipalities, including New York City's efforts to restrict communications on immigration status between local and federal authorities, have helped keep families together.

"It would also greatly damage the relationship between immigrant communities and the police, who would be less likely to report crimes because they would fear questions about their immigration status," Hernandez added.

\$6.37B

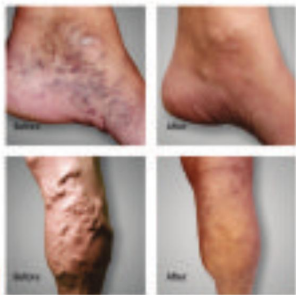
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Deli clerk stabs man in shop

Police released a photo of a grocery clerk they say stabbed a 23-year-old man in the shop, puncturing his colon.

The incident happened around 3:40 a.m. on Thursday, Aug. 6 at a deli at 48 N. Sixth St. in Brooklyn. An argument with the 23-year-old turned physical with the suspect stabbing him in the stomach, police said.

The suspect is described as a white male with brown eyes and black hair, 5-foot-8

inches tall and weighing about 140 lbs. He was wearing a white shirt and tan pants.

The victim was driven by a friend to Elmhurst Hospital for treatment, police said.

Anyone with information is asked to call Crime Stoppers at 800-577-TIPS, submit their tip online www.nypdcrimestoppers.com or text their tip to 274637 (CRIMES) then enter TIP577.

WENDY JOAN BIDDLECOMBE



Video of man sought by police NYPD

BRIEFS

Cop indicted for stealing Brooklyn apartment: DA

An NYPD officer has been indicted on numerous charges on Monday after allegedly transferring the deed of an abandoned house in Bed-Stuy to herself, prosecutors say.

Blanche O'Neal, 45, who is an officer with the 83rd Precinct, filed a deed in 2012 that stated she owned 23A Vernon Ave.

The property, which was vacant and neglected, belonged to the nephew of the deceased homeowner. The rightful owners discovered the scheme when they were approached by an interested buyer, according to Brooklyn District Attorney Ken Thompson.

City records show O'Neal purchased the property for \$10,000 last year. Zillow estimates the property is worth \$1.1 million.

O'Neal was arraigned on charges of second-degree grand larceny, second-degree criminal possession of a forged instrument, first-degree offering a false instrument for filing and first-degree perjury on Monday and released without bail. She faces up to 15 years in prison if convicted.

WENDY JOAN BIDDLECOMBE

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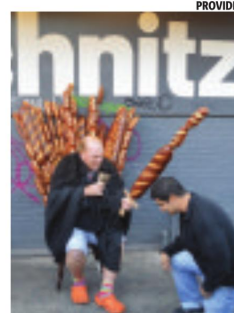
Mario Batali rules NYC's foodie scene from an edible 'Iron Throne'



New York City, bow down to your foodie overlord — orange Crocs and all.

East Village schnitzel shop Schnitz put chef Mario Batali on a suitable pedestal for a culinary icon: an Iron Throne made of pretzel baguettes.

"We love ['Game of Thrones'] and Mario wanted something wacky for the shoot," explains Donna Magen, co-founder of the quick-service schnitzel concept that began at Smorgasburg and took off after Batali took



notice in 2012.

The throne idea was baked up to promote the Batali Schnitz, a sandwich with a cause: 10 percent of

the proceeds will go to support child literacy, hunger relief and disease research efforts through the Mario Batali Foundation.

Made with a crispy schnitzel of Italian sweet fennel sausage, Asiago cheese, caramelized fennel, pickled cipollini onions and balsamic garlic aioli, the Batali Schnitz is available now through the end of the year at Schnitz (177 First Ave.) or its seasonal South Street Seaport location through the end of the month. **EVA KIS**



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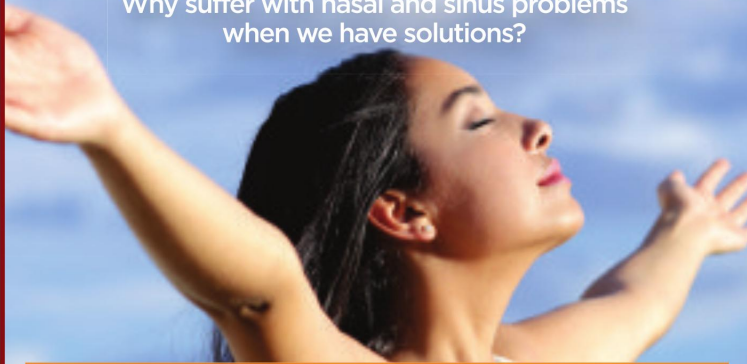
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Shops prep to open at Fulton Center

Pop Karma is nearly ready, while a coffee shop and a sushi restaurant will debut in early 2016.



WENDY JOAN BIDDLECOMBE
Wendy.Biddlecombe@metro.us

The first permanent shop in Fulton Center is close to opening, Metro has learned.

Organic popcorn shop Pop Karma was on track to open by the end of the week, but last-minute construction has pushed back the opening, according to owner Jean Tsai.

"We don't really know the date we're going to open, but we're working to open as soon as possible," Tsai said.

Fulton Center, which connects nine subway lines, opened in Novem-



Fulton Center storefront **BESS ADLER**

ber 2014. The station has 66,000 square feet of retail and commercial space being leased by Westfield. The MTA said the company is not yet paying rent, but it is covering operating expenses that would otherwise fall on the authority to pay.

This is the second location for Pop Karma. The first location opened in 2012 at 95 Orchard St. on the Lower East Side.

"Fulton Center is a really exciting place for us. We like being downtown, it's booming in terms of the World Trade Center filling up, and there's a lot of tourists and lots of residential happening," Tsai said. "We really like that vitality, and at Fulton Center there's a great mix of tenants we're excited to be a part of. ... The MTA thinks of it as their Grand Central."

Tsai said she thinks of the 100-square foot glass-enclosed store as a "jewel box," and said the shop will have custom built-in popcorn warmers. The new store was funded through a Kickstarter campaign, which raised \$6,510 by the time it ended earlier this month.

"I'd say we put a lot of thought into the design and how it reflects our vision as a business. We're really excited about the work that went into it, and the design, and to see our current customers and neighbors there."

The boutique popcorn shop will be the first permanent retailer at Fulton

Center. Men's Bar, the street-level pop-up kiosk for men's skin and beauty products, will close on Thursday, according to an employee.

"I can't wait for everyone to get in and the center to be fully open," Tsai said.

Signage for Pop Karma, as well as Irving Farm Coffee Roasters and Wasabi, was recently installed. Shake Shack signs hang below the oculus, and the beloved burger chain is set to open in 2016.

Irving Farm is anticipating to open on Jan. 1 to ring in the new year, said marketing director John Summerour.

"This is the first time we've moved into a modern architecture space, and it's a fun challenge for us, how to take our farmy, reclaimed wood [look] and adapt that for this beautiful rotunda of light and reflection," Summerour said.

Wasabi UK told Metro their second New York City store after Times Square is set to open in early 2016. A more specific date was not available, and the company said in a statement that it is looking forward to serving fresh sushi and bento to "busy financial district workers."

"We're excited to have them opening soon. Other openings are close behind, as you can see from the signage at the station," MTA spokesman Kevin Ortiz said.

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City Hall wants your best photos of New York City's sweeter weather.

The de Blasio administration wants New Yorkers to serve as Instagram ambassadors by using their cameras to take the best snapshots of the fall weather for its #AutumnInNYC contest.

Like with the previous #SignsOfSpringNYC effort, shutterbugs and smartphone photogs alike can send their submissions to NYC.gov/autumninnyc with a simple Web form by Nov. 1.

"Fall is a glorious time to be in New York City," first lady Chirlane McCray said in a statement Monday. "The crisp air and changing leaves offer much to rouse the creativity that is the lifeblood of

New York."

A panel of judges that includes McCray, former Brooklyn Borough President Marty Markowitz and a host of

commissioners from across the administration will select the winners by Nov. 7.

Each borough will get its own ambassador, with their best photos to be showcased on the Instagram account on Nov. 14 and throughout the administration's social media network.

"I've no doubt that photographers across the five boroughs will capture this beautiful season through their own unique perspectives," McCray added, "bringing a variety of views to represent our multicultural city." CHESTER SORIA



HEALTH BRIEFS

Runners, slow down for yoga

If your only workout is running, get to Tree Pose for the Trees to learn about the benefits of adding yoga to your training regimen before lacing up for next weekend's NYC Marathon. Get to the Great Hill at West 106th Street on Sunday from 1-3 p.m. for a Pure Yoga class for runners, followed by a Q&A on running the marathon with sports physician Dr. Jordan Metzl. BYO yoga mat. Centralpark.com

'Step' into role of a lifetime

Tap into your creative force to change your life at a workshop led by psychotherapist and author Kim Schneiderman. On Sunday from 2-5 p.m. at JCC Manhattan, Schneiderman will teach techniques on how to create your happy ending based on her new book about changing your life through writing. JCCmanhattan.org

Plié for Pink

For a third year, Xtend Barre is hosting its breast cancer donation drive with special sessions that benefit various causes. On Oct. 24, join one of the 75-Minute Bootcamp classes to raise money and awareness. All of the proceeds — suggested donation is \$25-\$40 — will benefit breast cancer-related organizations. Xtendbarre.com

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College is expensive. ISTOCK

Why millennials are more likely to save for their kids' college

Can young parents shield their children from student loan debt and a shaky economy?

Millennial parents are far more likely than their predecessors to save for their children's educations, often wanting to pay the whole tab.

Seventy-four percent of parents aged 30 to 34 polled for the 2015 Fidelity Investments College Savings Indicator have put aside money for college, compared to 58 percent of parents the same age polled in 2007.

Nearly half of millennials plan to pay for all college costs, compared with just 16 percent of parents the same age in 2007.

Millennial parents have spent much, if not all, of their adult lives living with the fallout from the financial crisis, says Keith Bernhardt, vice president of retirement and college products at Fidelity. "They've seen the

repercussions of taking on too much debt and the cost of that," he says.

Overall, the parents surveyed hope to pay for 66 percent of their children's college costs. However, Fidelity projects they will be able to cover just 27 percent of projected college costs on average.

The research firm interviewed 2,470 parents with children aged 18 and younger and household incomes over \$30,000 a year. Among parents born between 1981 and 1997, 85 percent of those surveyed had attended college, and 61 percent had college degrees.

The higher rates of education may explain why these parents are so gung-ho about helping their kids pay for college: They understand the benefit. An earlier Pew study found that 86 percent of college graduates felt their own education was a good investment, even as 57 percent of Americans said the higher education sys-

tem fails to provide good value for the cost.

While they may not be saving enough, the millennial parents polled have done many things right, Bernhardt says. The vast majority have put money aside monthly, and most (57 percent) started saving before their children turned six.

Forty-three percent of millennials polled use 529 college savings plans to save, compared with 37 percent of Gen X.

One thing parents are still getting wrong, though, is being afraid that saving for college will hurt their kids' ability to get financial aid. Fidelity found 53 percent had that fear, even though money saved in a parent's name has only a small impact on aid. Income factor far more into financial aid formulas than assets. "If you save \$10,000, you'll lose just \$600 in financial aid," Bernhardt says. "They want people to save." REUTERS

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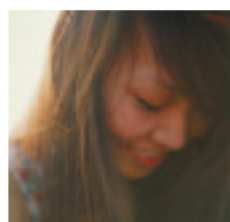
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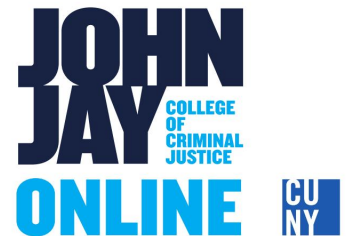
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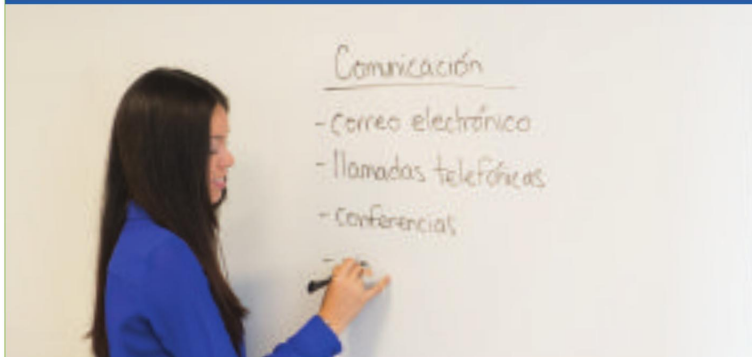
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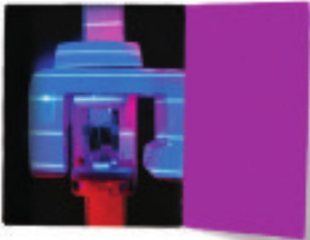
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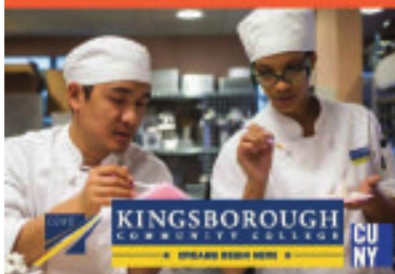
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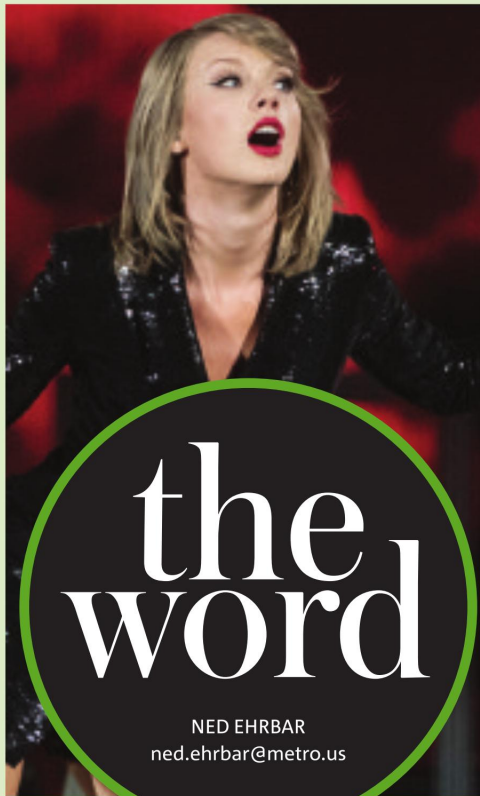
Swift: 'Bad Blood' isn't about Katy Perry

You know how Taylor Swift said "Bad Blood" was about a female pop star with whom she was "straight-up enemies" and everyone figured out pretty quickly that she was talking about Katy Perry? Well, don't listen to her — at least according to ... Taylor Swift, who is now insisting to GQ that the track is actually about an ex-boyfriend. Of course, why would we doubt you?

"You're in a Rolling Stone interview, and the writer says, 'Who is that song about? That sounds like a really intense moment from your life.' And you sit there, and you know you're on good terms with your ex-boyfriend, and you don't want him — or his family to think you're firing shots at him," Swift explains. "So you say,

'That was about losing a friend.' And that's basically all you say. But then people cryptically tweet about what you meant. I never said anything that would point a finger in the specific direction of one specific person, and I can sleep at night knowing that. I knew the song would be assigned to a person, and the easiest mark was someone who I didn't want to be labeled with this song. It was not a song about heartbreak. It was about the loss of friendship."

Huh. So she was totally misdirecting us with the Katy Perry stuff. Joke's on us. Oh well. Oh, and real subtle with the word choice there, Ms. Swift. I almost missed the one specific direction you wanted our imaginations to go in. That's some impressive Styles.



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Anthony Mackie backs Donald Trump

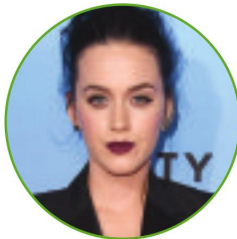
Oh, Anthony Mackie. Just ... why? The "Captain America: Winter Soldier" star is out promoting his film, "Our Brand Is Crisis," about spin doctors managing political campaigns, so naturally he's getting questions about which presidential candidate he'd most like to work with — and his answer is not so good: "I would 100 percent want to run Trump's campaign. 100 percent," he tells BET. "I mean, first that'll be the best party ever when he won, and second, Trump's an easy sell. When you look at Trump, he's an easy sell because you can sell him as the guy who worked his way up from nothing. And I think if you're a 'pull yourself up by your bootstraps' candidate, people would identify with that." Which would be fine and all if Trump had actually worked his way up from nothing, but oh well.

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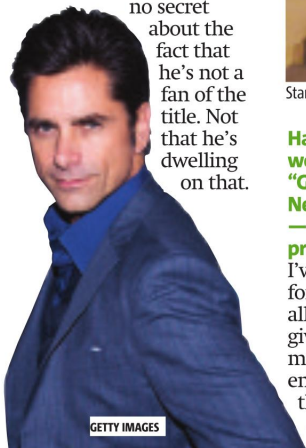
John Stamos is a total GILF

The actor has some other ideas for what to call "Grandfathered."



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John Stamos is thrilled to be back in the sitcom world with "Grandfathered," but he's making no secret about the fact that he's not a fan of the title. Not that he's dwelling on that.



GETTY IMAGES



Stamos is keeping pretty young company these days on "Grandfathered," which airs Tuesdays at 8 p.m. on Fox. FOX TELEVISION

Having two shows to work on at once — "Grandfathered" and Netflix's "Fuller House" — seems like a good problem to have.

I've been waiting for it for a long time, so I'm really digging in and really giving it my all. I have so much happy, pure, good energy right now with the people around me and in my heart. You

know, I was fuzzy for a few years, and now I'm clear. I can feel it.

What was it that made things less fuzzy?

I went through some personal issues [Stamos was arrested for a DUI in June before heading to rehab] and I just came out of it more grateful and just equipped to dig in deeper and work harder

and be more present. The past, I realized, can be really sometimes sad and dark, and the future gives me anxiety. So I just deal with today. And here we are with this show and I'm happy about it.

Is it fun having people remark on you being too young to be a grandfather?

To be honest with you,

it's flattering, but I don't really know what the answer is. I think [the title is] a clever hook for the show just in thinking about marketing. Because we had about 50 other titles I preferred other than "Grandfathered," but it was "What's the twist, what's the catch?"

What were some of those title ideas?

"John Stamos is a Sexy Dude in his 50s," you know. Mainly just that one. (Laughs.) No, there was "Coming of Age," and at one point we were going to call it "The G-Spot." They wanted to call it "GILF." We went through a bunch of stuff. I remember when they settled on "Grandfathered." I mean, I get it, but the show to me is so much more than me being a grandfather.

Are you tired of questions about the Olsen twins?

No, I get why people ask these questions. It makes sense. But I don't have any good answers for them. People are like, "Oh! You're working with babies again!" That was 25 years ago.



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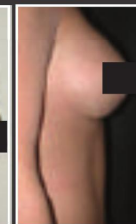
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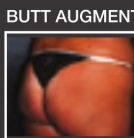
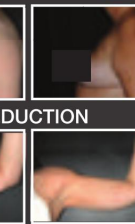
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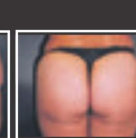
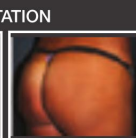
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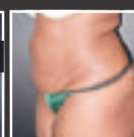
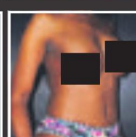
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OkCupid's most-messaged woman, Lauren Urasek, talks about becoming the most popular dater in New York and shares her tips on getting your profile seen.



EMILY LAURENCE
@EmLaurence
emily.laurence@metro.us

When 25-year-old Lauren Urasek created her OkCupid profile last year,

she really didn't think too hard about it. "I just wrote what seemed natural to me, uploading some photos from my Instagram, and that was it," she tells us.

But in a matter of months, she became the dating site's most messaged woman, getting an average of 35 messages a day and more than 15,000 four- or five-star ratings in just a few months. As you can imagine, she's been on a lot of dates, many of which she spills about in her book, "Popular." Here, Urasek tells us how to get your profile more views, and once the messages are rolling in, how to have a successful dating life without burning out.

1 Limit the amount of dates you go on

Even at her most active, Urasek says she was only going on two dates a week — max. She has a reason as to why single guys and girls shouldn't overschedule themselves with dates.

"When you're going out with multiple people, you end up not spending

enough time with one person and getting to know him or her better because after your date, you're already thinking about the next person you're going to go out with," she says. "Scheduling more dates becomes a pattern." Her advice: Scale it down and give each person a valid shot before setting up a date with someone new.

2 Make the dates convenient for you

Urasek says when she first started online dating, she would go out of her way to meet at a place that was easy for her date or somewhere in the middle. Not anymore.

"The best first date spot for me is a bar close to my apartment. It's not really about the place. It's about how convenient it is for you in case they suck," she says. No matter how great someone seems online, the first date is always a wild card. Make it easy on yourself.

3 Keep yourself busy with other things

One of the most draining parts of dating is having the same conversation over and over again. Where are you from? What do you do? The way around this is having enough going on in your life that you have other things to talk about, Urasek says. And then — bonus — you don't care as much about your dates. "When you're happy being by yourself and keeping busy, dating isn't a priority anyway," she says.



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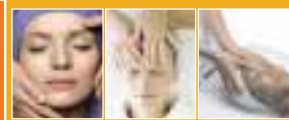
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Lauren Ursek gets an average of 35 messages a day on OkCupid. PROVIDED

Ursek's tips on giving your profile a boost.

Focus on the photos. "A lot of it is just about having a good variety of clear, current pictures that are a variety of shots of your face and also full-length shots," she says, adding that she would lead with a stellar face photo.

Show your weird side. "My profile was so random. I said

I liked down comforters and swimming in the ocean," Ursek says. "Don't say you're outgoing or like to travel because the last five people just wrote that."

Don't be afraid to message first. If you're a woman, there can still be an urge to hold back messaging a guy, wanting him

to pursue you instead. Ursek says: Get over it. "A lot of guys now don't want to be seen as a creep," she says. "Also, just like anyone else, a lot of guys are intimidated and don't want to be rejected. Whenever I've asked guys out, they always say they love it because most girls won't do it."

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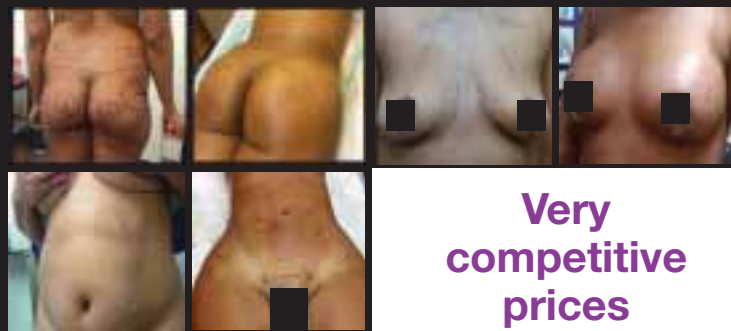
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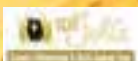
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Aries Make a point to take on physical challenges that will help ease your stress. Tension will build at home if you don't have an outlet for it.



Taurus You will come across an enticing deal. Consider the pros and cons. Before you take on more responsibility, finish the jobs you committed to.



Gemini Mix and mingle. Socialize and gather information. You will be the star of any group, gathering or event you attend.



Cancer People at home will be difficult to deal with. Don't waste time and energy arguing. Pursue anything else that will get you out of the house.



Leo You need an emotional boost. Make plans to spend time with people who make you smile. A humorous approach to life will lead to popularity.



Virgo An opportunity to move forward should be considered. Your present situation has run its course or lost its appeal. Look for new prospects.



Libra You will be disappointed by people who refuse to share. Keep moving forward and don't be dissuaded by negative comments.



Scorpio Take your time and weigh each move carefully. If you listen and observe, you will get a better feel for what lies ahead.



Sagittarius You should host an event or get-together with your peers. Use your social skills and good humor to network your way to the top.



Capricorn Steer clear of anyone looking for an argument. Heightened emotions will result in hurt feelings and regret. Think before you speak.



Aquarius Participate in local events that will put you in touch with your neighbors and cultural community. You will be applauded for your good nature.



Pisces Taking care of your needs is not selfish. With all you do for others, it's likely your health will suffer if you don't take time for relaxation. **EUGENIA LAST**

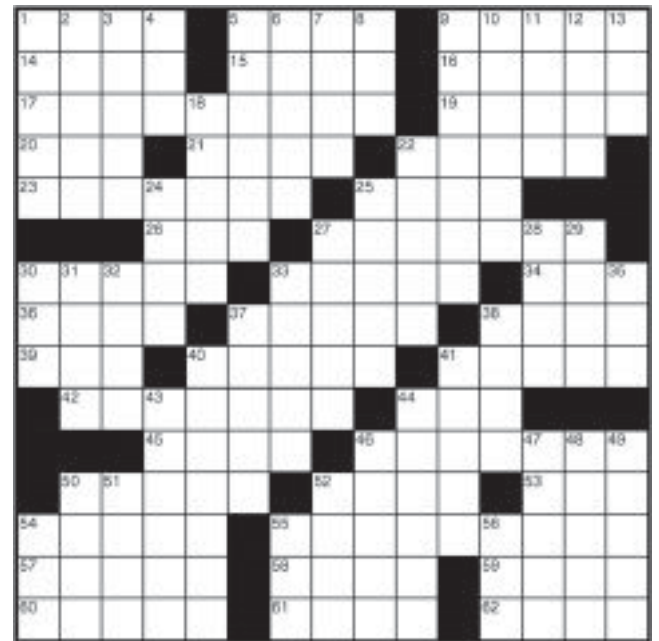
Across

1 Belafonte's holler
5 Grasping
9 Dazzling light
14 PC screen image
15 Billion, in combos
16 Camel halts
17 Stumbled over words
19 Ram, in astrology
20 Rank above maj.
21 Amtrak driver
22 Cheerless
23 Epcot neighbor
25 Nudge forward
26 Campground initials
27 Backpacker's snack
30 Rock bottom
33 Primitive weapon
34 Dorm climber
36 "Braveheart" group
37 Jerked away
38 Kind of box
39 "Nice!"
40 Spiral-horned antelope
41 Redhead's tint
42 Hot-plate coil
44 A pox upon thee!
45 Fair offering
46 Dangerous current
50 Wingspreads
52 Shriek bark
53 Cell habitant
54 Comb, in a way

55 Bent out of shape
57 Poe quoted one
58 Manitoba tribe
59 Thumbs down
60 Dormant
61 Crystal gazer
62 Like a tortoise

Down

1 Music with a beat
2 Leading man
3 "— Accomp'ny Me"
4 Mich. neighbor
5 Schedule
6 Summer sign
7 Disney CEO Bob —
8 Pop
9 Agree (2 wds.)
10 Rio Grande city
11 "Heat of the Moment" band
12 Terrible smell
13 Hairpin curve
18 Choir voice
22 Trademark
24 Similar
25 Got nosy
27 Faint gleam
28 "Wimoweh" beast
29 Bard's river



30 Drill sgt.
31 Burn soother
32 Arlene of old films
33 Oater classic
35 Vocalist — Sumac
37 Luges
38 Sugar source

40 Well-known
41 It swims with crocs
43 Pencil part
44 Coffee brewer's need
46 Ms. Zellweger
47 Chip maker
48 Because of (2 wds.)

49 Fund a foundation
50 Penn or Connery
51 Blacktop
52 Knights of —
54 Prefix for pod
55 Vaccine amts.
56 Campers, for short

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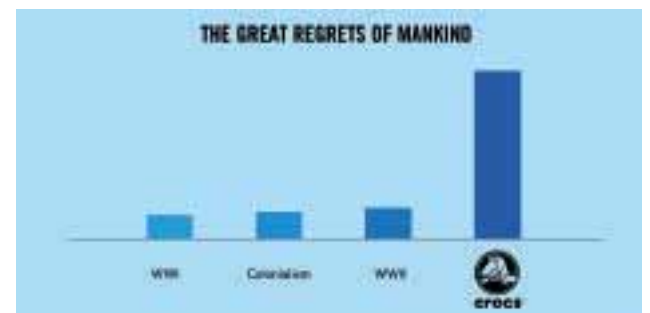
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hard

2	6		5	1			4	
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EVA KIS
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Everyone is getting sick, but the good news is that it's probably not the flu — yet.

Although flu season officially began in August, the peak doesn't arrive until late December. But doctors recommend getting a flu shot by the beginning of October, because that's how you enjoy Christmas morning instead of being miserable from nausea and aches.

"It takes some time to build an immune response," explains Dr. Jasper Schmidt, who works with the on-demand

health-care app Pager, which brings medical services like flu shots to you. "You want to do it before it's too late, before the flu's already torn through a city, but not so early that the effect of the vaccine is wearing off."

Unlike other vaccines, the flu shot remains an annual ritual because of the flu virus' incredible ability to mutate and even incorporate the DNA of other viruses into itself. It migrates from the Southern Hemisphere and back again, always peaking during cold weather season. The flu shot is developed by tracking which strains of the virus emerge in each region to determine the strains that will be included in that year's vaccines.

You may remember



that last year, the predictions didn't pan out: The vaccine was estimated by the Centers for Disease Control and Prevention to be only 23 percent effective. Since effectiveness tracking began in 2004, the success rate has been anywhere from 10 percent to 60 percent.

Even if the shot doesn't protect you directly from that year's strain, each time you get one, it helps "teach" your body what to look for. "Getting yearly flu

vaccines over time may even prepare you for a wider variety of flu strains in the future," Schmidt says.

It's recommended that everyone over six months old get a flu shot. And no, it won't make you sick: The virus in the vaccine is dead. Any symptom you develop after getting the shot is just your body mounting an immune response similar to the one it would for a live virus, but infinitely less severe than the real thing.

"All vaccines do the same thing: They trigger an inflammatory response — it's your body making a lot of white blood cells," which release the chemicals that give you fever and body aches, Schmidt says. "Your body thinks it's being attacked, but there is no infection."

Getting vaccinated early means a less intense flu season for everyone, including protecting those who can't get a flu shot because they're too young

or their immune systems are too weak.

Besides the annual shot, the most important way to avoid getting sick is to be diligent about washing your hands properly.

And there's one more way you can avoid becoming a statistic: Rest up.

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Mets take red-hot show on the road

The Mets can move to within one game of the World Series with a win Tuesday in Chicago.

ROBERT CRISCOLA
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The Mets held serve in an impressive way against the Cubs at Citi Field over the weekend, winning both games despite Chicago starting its two aces; Jon Lester, in Game 1, and NL Cy Young candidate Jake Arrieta, in Game 2. The Mets will now send their ace, Jacob deGrom, up to the mound for Game 3 of the NLCS at Wrigley Field on Tuesday night (TBS, 8 p.m.) as they look to take a stranglehold on the series.

DeGrom started Games 1 and 5 of the NLDS against the Dodgers and won both contests, allowing just two runs combined. Both of those runs came in Game 5 as he struggled in the first inning before allowing just two hits in his next five frames. DeGrom faced the Cubs twice during the regular season and lost both games. He allowed four runs in each contest with six total walks.

Despite being down 2-0 in the series and facing one of the best pitchers in the game, Cubs manager Joe Maddon is not worried.

"DeGrom's very good, but we're very good also at the plate," Maddon told reporters. "We have a lot of confidence in our players and our hitters."

The Cubs did not appear to be playing from a position of confidence when they intentionally walked the red-hot Daniel Murphy to face Yoenis Cespedes in the third inning of Game 2. Nonetheless, Kyle Hendricks will start for the Cubs in Game 3, and one would have to say that the Mets have a distinct advantage



Yoenis Cespedes drives in a run in Game 2. GETTY IMAGES

in the starting pitching department right now. Hendricks was 8-7 with a 3.95 ERA in the regular season but he rarely went past the sixth inning (just six times in 29 starts). In his one start against the Mets this year he tossed six shut-out innings on just 90 pitches as the Cubs went on to win 1-0. But as we have already seen, the Cubs winning the season series 7-0 over the Mets has a

meant little in predicting the outcome of this series. That's mainly because the Mets' biggest bats (Travis

d'Arnaud, David Wright and Cespedes) did not play in any of those games.

Much has been made of Mets not named Murphy or Curtis Granderson failing at the plate this postseason, but the Cubs have also had trouble generating offense in the playoffs. Chicago stars Kris Bryant (.185), Anthony Rizzo (.167), and Starlin Castro (.192) have all had difficulty getting hits in October. Only Jorge Soler (.455) and Javier Baez (.500) could be considered to be on a hot streak, but they have only had 21 at-bats between them. Maddon's lineups have already been called into question by Chicago Tribune columnist Steve Rosenbloom, who pointed out that Bryant should not have batted third in

the lineup in Citi Field to start the NLCS, citing that he hit just five of his 26 home runs away from Wrigley Field and that his OPS is 400 points lower on the road than at home.

NLCS

Collins not worried about Wright, Duda

In the regular season, hitting slumps can occasionally go unnoticed. In the postseason, every at-bat is under the microscope, and so far David Wright and Lucas Duda have put up microscopic averages. When asked if he was considering dropping Wright and Duda in the lineup, however, Terry Collins responded by defending himself and his players.

"As much as you want everybody to hit, with the guys who we've had to face lately, there's not going to be a lot of good at-bats," Collins told the media before Sunday's Game 2 victory. Wright got his first hit and first RBI since Game 1 of the NLDS when he doubled off Jake Arrieta in the first inning of Sunday night's game. It would be his only hit of the evening, leaving his average for the postseason at .087 through seven games.

"We're doing OK. Why would I upend anything right now?" Collins said. "I think I'll just continue to press forward and continue to hope some balls start falling in and we start hitting."

Duda has also been slumping hard in October. After being left out of the lineup in Game 1 of the NLCS, Duda went 0 for 3 with two strikeouts in Game 2, lowering his average to .095 and upping his strikeout total to a horrid 13 in 21 ABs.

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Rangers seek to solve early season issues

The Rangers have been a mixed bag to open the season.

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Alain Vigneault did not mince words. Not after what he had bore witness to for 183 minutes and seven seconds spanning three games, two arenas and two countries.

"By my estimation, one player that's on top of his game," Vigneault said after the Rangers dropped their third straight game, a soporific 2-1 overtime loss to the Devils in a Sunday afternoon matinee at the Garden. "That's Henrik Lundqvist."

Following three straight wins to open the season, the Rangers were 3-2-1 Monday and will play four games in seven days. After Monday night's tilt against the Sharks, the Rangers host Arizona on Thursday, travel to Philadelphia on Saturday before returning home Sunday for Calgary. "We're not pressing any panic button by any means, but it needs to be addressed right now," Dan Girardi said. "We have to stop the bleeding."

Scoring goals would



Kevin Klein and Kyle Palmieri exchange blows at Madison Square Garden Sunday in a 2-1 Devils win. GETTY IMAGES

be a good start, as the Rangers tallied a grand total of two goals in the three losses to Winnipeg, Montreal and the Devils. A deeper analysis reveals the triumvirate of Derick Brassard, Chris Kreider and Rick Nash have combined for exactly one goal and four assists for five points.

"You've got to be on top of your game. It should be quite obvious to our players at this time that we are not on top of ours and we need to find our game," Vigneault said. "We need to make more plays both defensively and offensively right now."

And how would he suggest his team go about that task?

"If I had the answer I would have fixed it by now," Vigneault said. "I'm sure the players have their theory."

One of Vigneault's players, Derek Stepan, suggested the best way for the Rangers to right their ship is to stay united.

"We had some looks to bury some goals and that would've made a huge difference," Stepan said. "We just weren't able to do it. A big thing we have to do is stay confident. You can't start fighting it. As soon as you do that it's going to get worse. We just have to get better each day and be a confident group."

So it is into this maelstrom that Anthony Duclair and his Arizona Coy-

ote mates travel to the Garden for his first game against his ex-team since the March 1 trade that sent 'The Duke' to the desert for Keith Yandle.

Duclair figures to be a key component for an Arizona franchise engaged in the embryonic stages of a rebuild. And while five games is a small sample size, he has flashed the skill that led the Rangers to select him 80th overall in the 2013 draft. Duclair has four goals and six points in Arizona's first five games this season.

Moreover, in 23 NHL games with the Rangers and the Coyotes, Duclair has recorded 13 points (five goals and eight assists).

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